



Team Training Program Schedule

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Afterburn 5:00 a.m.		Gravity 5:00 a.m.		Industrial Strength 5:00 a.m.		
	Foundations 8:00 a.m.					
Gravity 9:00 a.m.				Foundations 9:00 a.m.		
	Afterburn 9:30 a.m.		Industrial Strength 9:30 a.m.		Gravity 9:30 a.m.	
		Gravity 10:00 a.m.		Gravity 10:00 a.m.	Kids Training 10:00 a.m.	
					Industrial Strength 10:30 a.m.	
			Afterburn 12:00 p.m.			
						Foundations 1:30 p.m.
Kids Training 5:00 p.m.	Industrial Strength 5:00 p.m.	Kids Training 5:00 p.m.				
Afterburn 5:15 p.m.	Gravity 5:15 p.m.	Afterburn 5:15 p.m.	Industrial Strength 5:15 p.m.			
			Gravity Foundations 5:15 p.m.			
	Kids Training 6:00 p.m.		Kids Training 6:00 p.m.	Afterburn 6:00 p.m.		
Foundations 6:15 p.m.	Afterburn 6:15 p.m.	Foundations 6:15 p.m.				
Gravity 6:30 p.m.						

Foundations

For beginner levels of fitness. An introduction to our Afterburn workout.

Afterburn

Maximize calorie burn & increase metabolic rate.

Industrial Strength

Focused on building strength.

Gravity

This class uses a glideboard on a cable-and-pulley system. These exercises use your body weight combined with gravity.

Kids Training

Keep the kids active with this fun and engaging workout.

See Session Descriptions on Reverse Side



Team Training Program Schedule

Foundations

You can't build a great home without a solid foundation. Your fitness is similar to your home in that you first need to establish proper movement and a base level of conditioning before we begin to build more advanced layers of fitness. With a challenging, full-body program, Foundations will ensure that you avoid injury, make progress at your pace and begin the path to success.

Afterburn

Are you ready for something different? Many people strength train with weights while others do cardio or aerobics – somewhere between is Afterburn, the ultimate fat loss workout. Not only could you burn up to 1,000 calories an hour, you will continue to burn fat and calories up to 48 hours after your workout is complete. Hence the name...Afterburn!

Industrial Strength

Want to get stronger, slimmer and more athletic? Industrial Strength is the solution. Working with heavier loads and less reps means more strength without bulk. This program combines old school tools with modern science to provide you with the fastest path to better strength and conditioning.

Gravity

Using the revolutionary GRAVITY TRAINING SYSTEM, these classes aim to improve muscular and cardiovascular endurance, strength, balance, agility, core stability and body composition for any age or ability. Using a cable-and-pulley system with a glideboard that can be inclined to various degrees. You will then either sit, kneel or lie on the glideboard as you push or pull against the resistance of the incline.

Gravity Foundations

Geared towards the beginner exerciser, this cable-and-pulley class aims to improve muscular and cardiovascular endurance and core stability.

Kids Training

Just like adults, kids need exercise, too - at least one hour a day. Not only is it good for their bones, muscles and joints, but for confidence and mental focus as well.



For additional program schedules, visit dacsouthaven.com or download our DAC Fitness App, available through iTunes or Google Play